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ABSTRACT

Group counseling offers a content-plus-process approach to counseling of youth. Counselors in schools or mental health settings can use this book to learn how to create meaningful group experiences for adolescents. The group agendas are aimed at middle school youth and offer them the opportunity to experience positive growth and change in the group setting. The activities help students develop new ideas, perspectives, and attitudes. They can learn new behavioral skills to replace existing maladaptive behaviors, and can practice these behaviors in a safe, supportive environment. Group counseling encourages the expression of affect related to life's painful experiences and supports the interactive relationships among members that can result in healing and growth. Examples of topic areas covered include: (1) "Girlfriends: Understanding and Managing Friendships"; (2) "Jugglers: Middle School Transition Issues"; (3) "Dating and Relating: Male/Female Relationship Issues"; (4) ""Teaching Tolerance": Understanding and Valuing Individual and Cultural Differences"; (5) "Give a Little, Take a Little: Relationships at Home"; (6) "The Brain Laundromat: Cognitive Coping Skills"; (7) "Agree to Disagree: Learning to Manage Anger"; and (8) "Guys' Club: Issues from a Male Perspective." (Contains 4 appendixes and 186 references.) (Author/JDM)

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